July Newsletter - ESH

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AMES LABORATORY
Creating Materials & Energy Solutions
U.S. DEPARTMENT OF ENERGY

ESH Newsletter - July 2018

ESH Safety Survey

Last chance to take the ESH safety survey!
Read more about the survey and how you can win a $10 gift certificate here.
The survey closes July 6 at 5pm. Click here for the survey.

Ames Fire Visits Ames Lab

On June 12, 13, and 14, the Ames Fire Department (AFD) toured Ames Laboratory facilities as part of the Emergency Preparedness

Ames Laboratory facilities as part of the Emergency Preparedness Program. Periodic visits provide a good refresher for veteran fire fighters, and introduce new responders to our interesting facility. Expect to see the AFD on site for tours about every 2 years. Hopefully that's the only time we see them! Stay Fire Safe!

Trevor Riedemann, MPC, discusses Hydrogen Fluoride safety with members of the Ames Fire Department

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Are you ready to stay A Step Ahead with another Operation Safety?

The Safety Squad is putting together another Operation Safety: A Step Ahead, with events and contests the week of **August 13-17, 2018** to align with OSHA's Safe + Sound Week. We want to help you stay A Step Ahead by providing events, activities and resources for your health, safety, security, and wellness, but we need your help this time! We need you to team up with your group, lab mates, coworkers, group or department office to compete for the Best "Show and Tell" on August 16th (time slots will be available). The goal is to get others excited about what you do in your space, how you incorporate safe practices and employee wellness into your activities, and ways to improve your work spaces.

How to win:

1. Agree to open your space(s) for Show and Tell.
2. Winner will be by vote and by number of visitors.

Click here to sign up your Show and Tell team.

No team? No problem! There will be opportunities for individual prizes throughout the week of activities, such as:
-Fastest to Find and Fix a Hazard
-Laboratory Bingo
-Poster Design Challenge

Stay a step ahead and watch for more!

VIRT

Ames Laboratory Learning and Development will be hosting Violent Incident Response Training (VIRT) on **Tuesday, July 31 from 9:00am - 12:00pm in 301 Spedding.** Violent incidents in society, while rare, can seem like they are becoming more mainstream around the nation and world. VIRT will assist you in becoming mentally prepared to recognize, assess, and response to threats against you. All Ames Laboratory employees are welcome to attend. Come to learn the skills for the first time or to refresh skills.

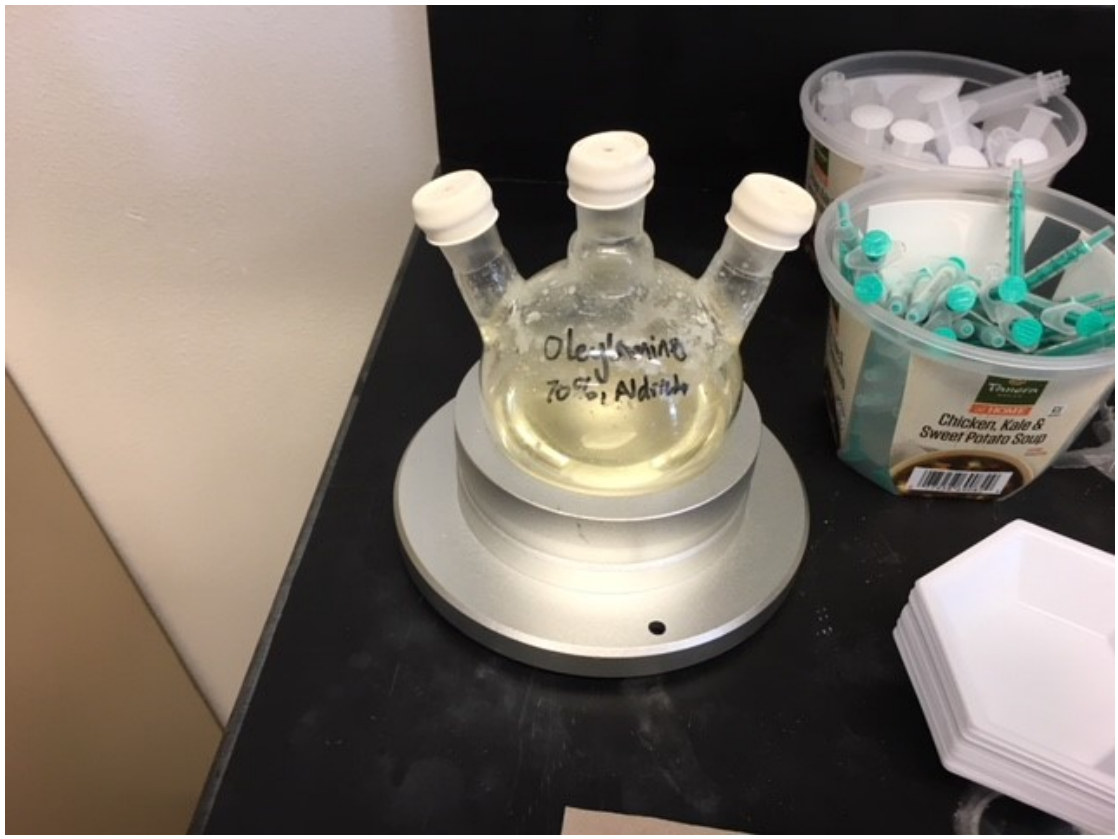
To register please contact the Learning and Development Office at training@ameslab.gov or 4-9972.

from the wet ground to minimize your conductivity.
DO NOT LIE FLAT ON THE GROUND !

Flash to Bang Method:
a) Count how many seconds pass between the flash of the lightning and sound of the thunder.
b) Divide the number of seconds by 5 to find the distance in miles from you to the lightning (5 seconds = 1 mile, i.e. 30 seconds indicates lightning is 6 miles away).

Safety Photo

Last month, we asked how the labeling in this photo could be improved:



ANSWER: A chemical in a secondary container must be labeled with the chemical identity and the HAZARDS of the chemical.

*Congratulations to **Devo Schlagel** for being this month's winner!*
Stop by G40 TASF to claim your prize.

An undergraduate student working at Ames Laboratory did not realize that this chemical was highly corrosive and a skin exposure might not hurt right away – but it can cause delayed skin burns. The burns and incident story were eerily similar to this one, which happened at UC Berkeley, except that the student here at Ames Laboratory was affected on both arms, her throat and her face.

Lessons Learned:
https://ehs.berkeley.edu/lessons-learned/lesson-learned-oleylamine-chemical-burn

This experience was traumatic to the student – talk about “learning the hard way!” And the accident impacted the entire research group, due to the time required for investigation and everyone’s concern for the student’s health.

Labeling that included the words “Highly Corrosive – may cause delayed skin burns” might not have prevented the accident entirely. The spill might still have occurred, but if the real-time warning encouraged PPE use and greater caution when the spill happened, the injury might well have been lessened or prevented entirely.

Lessons Learned: LBNL Event

Worker Sustains Cryogen Burn While Using Liquid Nitrogen Fill Station

Cryogen burns can happen quickly, and due to the extreme cold there may be little pain during skin contact. The extent of damage may not be apparent for hours after the injury occurs. Filling cryogenic liquid Dewar flasks at LBNL is a routine operation. Though routinely used, it is essential to recognize that contact with the cryogenic liquid or extremely cold objects can lead to rapid tissue damage.

Read the full Lessons Learned article here.

ergonomics

Self-Help Tips & Tricks

On June 19, Dr. Lacey Wheat-Hitchings presented a Lunch & Learn on Ergonomics to the Laboratory. In summary, here are a few of the highlights from her presentation:

Ergonomics is the study of work, or the science of designing a job to fit the worker rather than forcing the worker's body to fit the job.

Occupational Risk Factors:

- Prolonged repetitive action
- Static postures
- Cold temperature
- Forceful exertion
- Vibration
- Awkward postures
- Focal mechanical stress

When to Seek Help:

1. Persistent muscle and/or joint pain for more than 10 days
2. Pain that awakens from sleep
3. Recurrent swelling
4. Radiating pain, numbness, and/or tingling for longer than 3-7 days
5. Unexplained weakness
6. Persistently hot or cold body areas

Quick Tips for Preventing Ergonomic Injuries:

- Keep moving by taking frequent breaks; set up a timer to get up periodically
- Monitor posture; use an ergonomic chair, keyboard and/or mouse
- Take care of yourself; manage health conditions, stress, and sleep!

For more specifics, Dr. Hitchings slides on self-help are available here.

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